

# Silver Banner

## SUMMER 2013

Issue 80

Editor: Kelly Pizzi

### ***Mission Statement:***

The mission of the Hilltown Assoc. of Councils on Aging is to provide and promote programs, activities and services to the senior citizens of the hill town communities of Becket, Dalton, and Washington

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## **Quilters Create & Donate Underground Railroad Quilt to the Historical Commission**

The Dalton Senior Center's Quilting group brought together seasoned and novice sewers to complete an Underground Railroad quilt on behalf of the Hoose House restoration.

Under the guidance of Maureen Mitchell, the 15 panel quilt was completed this spring. The pattern created by Eleanor Burns was altered a bit as it features an original applique rendition of the Hoose House completed by Sara Fredette.

Other panels were completed as follows: Jacob's Ladder-Susan Shepardson; Monkey Wrench-Maureen Mitchell; Log Cabin-Charlene Reardon; Carpenter's Wheel-Rose Mary Haddad; Bear's Paw-Mary Reynolds; Basket-Jean Poopor; Crossroads-Keith Filliault; Hoose House-Sara Fredette; Shoo Fly-Debie Chamberlain; Bow Ties-Charlene Reardon; Flying Geese-Betsy Canedy; Birds in the Attic- Debie Chamberlain; Drunkard's Path-



Joan Drake; Sail Boat-Caroline Dietlin; North Star-Kelly Pizzi. The quilting was completed by Diane Morrissey; binding by Jude Patoka and the label by Susan Shepardson.

*The quilt is currently on display at the Dalton Senior Center. Businesses interested in hosting a display should call 413-684-2000.*



**A "Shout Out" goes to the many volunteers who make the Dalton Senior Center and its programs work so well. We enjoyed serving you at the Volunteer Dinner on May 30th! A Special "Thank You" goes to the Friends of the Dalton Council on Aging, Inc., who sponsored the dinner *and* purchased the new microphone (that really works!). In addition, pending permit reinstatements, a HUGE thank you to the Friends for making the mailing of this issue of the Silver Banner possible!**

## HILLTOWN NOTES

### **BECKET NEWS**

#### **June's Birthdays**

07th. **Betty Shepard** 15th. **Joan Moylan**  
20th. **John Fitzgerald** 21st. **Darlene Demarist**  
26th. **Paula Cinafarani**

**Summer is here and things are starting to happen!**

June 14th Rev.Smail is hosting a picnic lunch for us, the food is always so good, and it's a fun afternoon.

June 26th, The Bingo group is heading to The Storrowtown Tavern & Carriage House in West Springfield, Ma.

June 28th. Our own Sergeant Marc is cooking for us. The theme is A Little Bit of Italy, a complete Italian dinner. When Marc cooks it is always special.

I want to thank the Becket Seniors for all the support they gave to me and my family.. Our Grand Son James has been in Afghanistan for 11 months. My seniors sent him care packages, and notes of support.

On June 5th, our Grand Son James landed at Bradley Field, Windsor Locks. Ct. He made it home safe and sound.  
Thank You all for your prayers.

#### **July's Birthdays**

2nd. **Ken Shepard** 17th **Roger Houle**  
18th. **Beth Van Ness** 31st. **Marie Grull**

Claire Daigle is planning for our lunch Bunch Group to go to lunch. We are looking for a July trip, Pot Luck will be the fourth Friday of the month.

### **AUGUST**

We will be making plans to go to The Newport Playhouse in Newport, Rhode Island to see the Italian Wedding The trip is planned for October.

*Submitted by: Joan Moylan*

### HILLTOWN ASSOCIATION

We all know there is strength in numbers. For years the Hilltown Association included six towns working together to serve their local seniors. The benefits included:

Outreach services  
Coordinated referrals  
Information on topics important to seniors  
Assistance with insurance issues  
Publicizing social events

Unfortunately with recent changes in funding and staffing, many of these services are no longer available; and some towns no longer participate in the association. It may be time to reconsider options that meet today's reality of doing more with less. The goals of informing and serving remain. Seniors in all of the hill towns have similar needs and challenges.

This newsletter welcomes input from all of our hill towns. If you would like to see news from your town, please contact your COA.

### **Rural Health Update**

If you are one of the nearly 50 million people living in rural America, accessing health care can be a challenge. You might live in a small town with limited access to health services and must travel longer distances to get health care. In addition, a health care workforce shortage is making it harder to find doctors, nurses, pharmacists and other health care professionals.

The Affordable Care Act will bring important relief to you and your family by making health care more accessible and affordable. Here's how:

- The new law ensures that regardless of where you live, you will have greater access to primary care providers – including doctors, nurses, nurse practitioners and physician assistants. It will help support the training, development, and placement of more than 16,000 new primary care providers over the next five years.
- Rural families currently pay for nearly half of their health insurance costs out of their own pockets, but the new law helps put an end to this by capping out-of-pocket expenses.
- New plans are required to cover prevention and wellness benefits for free, so you and your family can get the care you need for tests such as cancer screenings and immunizations.

*Reprinted in part by Healthcare.gov Newsroom. Check out the full report available online.*

# WHAT TO DO IF YOU FALL

Whether you're at home or somewhere else, a sudden fall can be startling and upsetting. If you do fall, stay as calm as possible. Take several deep breaths to try to relax.

## How to Get Up From A Fall

Remain still on the floor or ground for a few moments.

This will help you get over the shock of falling.



Decide if you're hurt before getting up. Getting up too quickly or in the wrong way could make an injury worse.

If you think you can get up safely without help, roll over onto your side.

Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.

Put your hands on the chair seat and slide one foot forward so that it is flat on the floor. Keep the other leg bent so the knee is on the floor.

From this kneeling position, slowly rise and turn your body to sit in the chair.

If you're hurt or can't get up on your own, ask someone for help or call 911. If you're alone, try to get into a comfortable position and wait for help to arrive.

## Consider Emergency Response Devices

If you have problems with balance or dizziness, be sure to discuss these with your doctor. If you are often alone, and at increased risk of falling, consider getting a personal emergency response system. This service, which works through your telephone line, provides a button or bracelet to wear at all times in your home.

If you fall or need emergency assistance for any reason, a push of the button will alert the service. Emergency medical services will be called. There is a fee for medical monitoring services, but it may be worth the cost. (Resources may be available if you qualify).

Carrying a portable phone with you as you move about your house could make it easier to call someone if you

need assistance. You might also put a telephone in a place that you can reach from the floor in case you fall and need help.

## Tell Your Doctor

Be sure to discuss any fall with your doctor. Write down when, where, and how you fell so you can discuss the details with your doctor. The doctor can assess whether a medical issue or other cause of the fall needs to be addressed. Knowing the cause can help you plan to prevent future falls.

After a fall, your doctor might refer you to other health care providers who can help prevent future falls. A physical therapist can help with gait, balance, strength training, and walking aids. An occupational therapist can suggest changes in your home that may lower your risk of falls.

## Addressing the Fear of Falling

Many older people who have fallen are afraid of falling again. Even if a fall doesn't cause injury, the fear of falling again might prevent you from doing activities you enjoy or need to do. Fear of falling also might cause you to stay at home away from your friends, family, and others.

Your muscles and bones can weaken over time without the physical activity that comes with doing daily tasks or exercise. As a result, you could become more -- not less -- likely to fall.

If you're worried about falling, talk with your doctor or another health care provider. Your doctor may refer you to a physical therapist. Physical therapy can help you improve your balance and walking and help build your walking confidence. Getting rid of your fear of falling can help you to stay active, maintain your physical health, and prevent future falls.

*Reprinted from the National Institute on Aging*

*DID YOU KNOW THAT BOTH MEN AND WOMEN REPORT THAT THE OSTEO EXERCISE CLASS HAS IMPROVED THEIR BALANCE AND AS A RESULT REDUCED THEIR FEAR OF FALLING!*

## SENIOR CENTER EVENTS

### MOVIE NIGHT

AUGUST 8: HYDE PARK ON  
THE HUDSON

AUGUST 22: CAT ON A HOT  
TIN ROOF

SEPTEMBER 12: IDENTITY THEFT

SEPTEMBER 26: THEY SHOOT HORSES,  
DON'T THEY?

OCTOBER 10: TBA

SIGN UP AT THE RECEPTION  
DESK



movies  
start at  
6:00 pm

Note: Movies are subject to change based on availability!

### INTRODUCTION TO PAINTING:



### *Oils and Acrylics From the Ground Up*

**Have you ever wanted to learn to paint? Are you not sure what you would like to paint with?**

**Oils? Acrylics?**

**Your chance is coming this fall! Artist Melinda Georgeson will teach a nine week course to begin in September. You will learn the basics of both mediums BEFORE you invest in the materials! Pick up your syllabus at the Dalton Senior Center today! Space is limited! There will be a one time registration fee to offset the costs of the materials used and a \$10 Instructor per class. Watch the senior center calendar as details unfold!**

**September 25—November 20**

The Berkshires do amazing things around the world!



Come learn about Africa Connects on August 23rd at 2:00! Sue Choquette (above) Director of Health and Medical Initiatives for Africa Connects, and Cynthia Love will present a slide show of providing medical clinics in the remote mountain villages of Africa and the work done through the Neema Care Centre free pre-school.

Ice cream social during the Q&A for attendees will follow!

Sign up at the reception desk.

(This is an informational meeting, not a request for funds. Good will offerings to support this mission will be accepted should you be inclined to donate)

### September is Senior Center Month

**Watch for special events for:**

**Falls Prevention Awareness Day (9/22)**

**Active Aging Week (9/22- 28)**

**National Women's Health & Fitness Day**  
**(9/25)**

## 6 Science-Based Benefits of Acupuncture Therapy

Has your doctor ever prescribed you a round of acupuncture? Probably not. Alternative treatments often get short shrift in standard healthcare because doctors are generally unaware of the science showing that they really are effective alternatives to drugs and medication. But a new study in the *Archives of Internal Medicine* may (hopefully) change that. The researchers pooled data from nearly 18,000 people who had participated in studies examining the effectiveness of acupuncture and found that, yes, it really is a good treatment for chronic pain and that doctors should start recommending it as treatment for arthritis and other chronic ailments. Chronic pain is certainly one of the most common reasons people seek out acupuncturists, but **here are six other scientifically studied ways that acupuncture therapy can alleviate what's bothering you:**

**#1: Eases your aching back.** Using acupuncture therapy to successfully relieve chronic back pain is well documented in scientific literature, and acupuncturists say that it's the leading reason that people visit their clinics. A study published in May's issue of the *Archives of Internal Medicine* even found that people who were given "simulated acupuncture," where pressure was placed on certain acupuncture points but no needles were actually used, saw as much as a 15 percent greater improvement in their symptoms (equal to the improvements seen in people who were receiving true acupuncture) than people who were taking medications and undergoing standard chiropractic care.

**#2: Boosts the effectiveness of pharmaceuticals.** A study from China, published in the August issue of the *Journal of Alternative and Complementary Medicine* found that a low-dose of fluoxetine (Prozac) combined with acupuncture therapy was just as effective at reducing anxiety in patients being treated for depression as full-dose medication. Cutting the dose and adding acupuncture also reduced the drug's side effects, which can include nausea, weight gain, and a decreased sex drive.

**#3: Soothes the burning in your stomach.** This June, Brazilian researchers published research finding that acupuncture therapy alleviated heartburn and indigestion in pregnant women. One group of pregnant women was given a combination of acupuncture and medications, and another group was counseled on dietary changes and given medications if needed. Over the course of the study, 75 percent of the women in the acupuncture group saw heartburn intensity, and antacid use, decline, while only 44 percent of women in the standard-treatment group saw those same effects.

**#4: Counteracts the effects of radiation.** Cancer patients undergoing radiation treatment are likely to suffer a variety of side effects, depending on the part of the body being treated. However, acupuncture therapy has been found to have some effect on the perception of how bad those effects can be, particularly for nausea and dry mouth, common in patients receiving radiation to the head and neck. A review of studies published in *CA*, a journal of the American Cancer Society, found that people undergoing radiation treatment perceived fewer negative side effects of radiation even though the side effects may still be there.

**#5: Dulls persistent headaches.** A review of 22 studies involving acupuncture therapy, migraines, and tension headaches found that regular acupuncture therapy was effective at preventing tension headaches and migraines from becoming a problem, and that it was an effective treatment for existing headaches.

**#6: Ends obesity?** The influence of acupuncture therapy on obesity isn't as well-documented as the other examples we've listed, but there's enough evidence to suggest that it could be an effective weight-loss treatment. Flaws in many of the studies made it difficult to see how effective acupuncture therapy would be on obesity in the long run. But for people willing to try it, adding a weekly acupuncture session to daily exercise and a smart diet could lead to healthy gains.

Edited and reprinted from Prevention.com; authored by Emily Main



## Caregiver Support Group Forming

**ARE YOU A CAREGIVER TO A LOVED ONE WHO HAS BEEN DIAGNOSED WITH ALZHEIMER'S DISEASE OR OTHER MEMORY RELATED ILLNESSES?**

**THE DALTON SENIOR CENTER WILL BE OFFERING A MONTHLY SUPPORT GROUP FOR CAREGIVERS STARTING THIS SEPTEMBER.**

Caring for a person who is suffering from memory loss or Alzheimer's Disease can be a challenging and isolating venture. You are not alone. Many families throughout Berkshire County are facing the similar experiences. It is our hope to bring you together to share knowledge and support.

The monthly group will be facilitated by Robert (Bob) Dean and Kelly Pizzi who were recently trained by the Alzheimer's Association. In order to accommodate working individuals this will be a Thursday evening group.

**In order to provide you with what you need we are currently gathering information: Can your person go out? Do you have someone to stay while you go out? Are you interested in a potluck dinner with your person prior to group? Does your person have personal needs when out?**

**Please call Kelly at 684-2000 to discuss your needs.**

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### **ALZHEIMER'S WORKSHOP**

**Home Instead will be providing a free Alzheimer's workshop 10:00-11:30 am on August 30, 2013. Come and learn about the disease and about other dementias! Sign up at the front desk.**

## Sleep and Aging: About Sleep

We all look forward to a good night's sleep. Sleep allows our body to rest and to restore its energy levels. Without enough restful sleep, not only can we become grumpy and irritable, but also inattentive and more prone to accidents. Like food and water, adequate sleep is essential to good health and quality of life.

### **Sleep Needs, Patterns Change with Age**

Sleep needs change over a person's lifetime. Children and adolescents need more sleep than adults. Interestingly, older adults need about the same amount of sleep as younger adults -- seven to nine hours of sleep per night.

Unfortunately, many older adults often get less sleep than they need. One reason is that they often have more trouble falling asleep. A study of adults over 65 found that 13 percent of men and 36 percent of women take more than 30 minutes to fall asleep.

Also, older people often sleep less deeply and wake up more often throughout the night, which may be why they may nap more often during the daytime. Nighttime sleep schedules may change with age too. Many older adults tend to get sleepier earlier in the evening and awaken earlier in the morning.

There are many possible explanations for these changes. Older adults may produce and secrete less melatonin, the hormone that promotes sleep. They may also be more sensitive to -- and may awaken because of -- changes in their environment, such as noise.

Older adults may also have other medical and psychiatric problems that can affect their nighttime sleep. Researchers have noted that people without major medical or psychiatric illnesses report better sleep.

### **Poor Sleep Can Lead to Problems**

Not sleeping well can lead to a number of problems. Older adults who have poor nighttime sleep are more likely to have depressed mood, attention and memory problems, excessive daytime sleepiness, more nighttime falls, and use more over-the-counter or prescription sleep aids. Poor sleep is also associated with a poorer quality of life.

### **If You Have Trouble Sleeping**

Many people believe that poor sleep is a normal part of aging, but it is not. In fact, many healthy older adults report few or no sleep problems. Sleep patterns change as we age, but disturbed sleep and waking up tired every day are not part of normal aging. If you are having trouble sleeping, see your doctor or a sleep specialist. There are treatments that can help.

From: [NIHSeniorHealth.gov](http://NIHSeniorHealth.gov)

### **HAVE YOU HUGGED A FRIEND TODAY?**

**SHOW THEM HOW MUCH YOU CARE WITH THE GIFT OF PURPLE COUPONS! A \$20 BOOK WILL GET THEM 11 EXERCISE CLASSES, MOVIES, GAMES AND SO MUCH MORE!**

*"The Longer I live, The  
more Beautiful Life  
Becomes"*

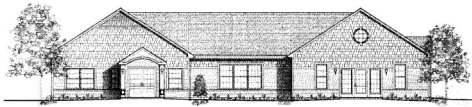
*Frank Lloyd Wright*

Bridges	Happy
Care	Laugh
Coupons	One-Two-Three-Hold
Dance	Pitch
Exercise	Popcorn
File of Life	Shake ( <i>your soul</i> )
Friends	Triad
Garden Club	Veterans

Around 40 Field Street

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### Board of Directors

*Kelly Pizzi, Dalton*  
*Marcia Brophy, Dalton*  
*Helga Knappe, Dalton*  
*Judith Trumble, Dalton*  
*Sonny Nelson, Becket*  
*Joan Moylan, Becket*  
*Rose Borgnis, Washington*

Greetings From:  
 Friends of the Dalton Council on Aging/  
 Hilltown Association of the Councils on Aging  
 40 Field Street Extension  
 Dalton, MA 01226

Phone: 413-684-2000  
 Fax: 413-684-6107  
 Email: deoa@ben.net



The Dalton Senior Center is a proud participant in TRIAD. Triad is a community collaboration with local law enforcement including Dalton & Hinsdale PD, Dalton Fire, Berkshire County Sheriff's Office, Berk-

shire District Attorney's Office. Our goal is to reduce criminal victimization of the elderly through the guidance and education derived from our partnership. The Dalton Triad encourages seniors to become part of this well informed group. We bring in speakers to build on our knowledge to help us make decisions for ourselves and our community. We meet the third Wednesday of every month at 1 pm here at the center. All are welcome! By Carol Powell, Chair (outgoing)

**PROGRAMS & EVENTS at the DALTON SENIOR CENTER:** (NOTE: CENTER PROGRAMS HAVE A \$2 COUPON FEE PAYABLE TO THE SENIOR CENTER, SOME HAVE ADDITIONAL TO INSTRUCTOR FEES; EXCEPT SENIOR LUNCH. A \$2 DONATION PAYABLE TO ELDER SERVICES), TUESDAY SOUP & SANDWICH \$4 COUPON.

**LUNCHES:** Mondays and Thursdays at noon. Make your reservation at least 24 hours ahead, call 684-2000, Donation. Soup & Sandwich, Tuesday \$4.00

**OSTEO-EXERCISE:** Tuesday and Thursday 10:00 -11:30 and Tuesday 12:30-2:00 (no afternoon class the first Tuesday of each month).

**POETRY:** Tuesday 9:00-10:00 Free

**FOOT CLINICS:** Fourth Friday 9:00-2:00 by appointment. Call 684-2000 FEE: \$25

**BLOOD PRESSURE CLINIC:** Fourth Thursday 9:30 -11:00 FREE

**PITCH:** Fridays 9:00-11:30 Recruiting new and seasoned players now!

**BRIDGE:** 1:00-4:00 Thursdays.

**PAINTING CLASSES:** Oil: Tuesdays, 12:30-3:00 Instructor Fee: \$10  
 Acrylic: 1:00-3:00 Mondays (October-May). Fee \$10

**MAH JONGG-** Wednesdays 1:00-3:00.

**MOVIE NIGHT-** 2nd Thursday Blockbuster; 4th Thursday, Classic 6:00

**KNITTING/CROCHETING** Tuesdays 1:00-3:00

**QUILTING** Thursdays 10:30-3; Fridays 12:00-3:00

**SHAKE YOUR SOUL** Wednesdays 10:00-11:00 Instructor Fee: \$3

**TAI CHI** Thursdays 1:30-2:30 sliding instructor fee: \$5-\$8

**COMPUTER CLASSES**-Dates & times vary. Call for more information



**Do you enjoy playing checkers or chess?**

St. Agnes Academy is starting a weekly club in the fall and is looking for seniors to participate!

Call Sarah to indicate your interest: 684-2000

**NEW CAREGIVERS  
 SUPPORT GROUP  
 STARTING IN DALTON.  
 DETAILS PAGE 6!**

**The Dalton Council on Aging would like to thank the Dalton Police Association for the gift of File of Life refrigerator magnets now available at the reception desk!**